

Sausage Gravy 25

Number of Servings: 25 (194.05 g per serving)

Amount	Measure	Ingredient
3.00	qt	Milk, 1%, w/add vit A & D
1 1/2	cup	Flour, all purpose, white, bleached, enrich
2.00	Tbs	Margarine, soft, hydrog & reg soybean oil
1 1/8	tsp	Salt, table, iodized
3 3/4	lb	Sausage, pork, bulk, ckd f/fzn, USDA

Nutrients per serving

Nutrition Facts

Serving Size (194g)

Servings Per Container

Amount Per Serving

Calories 270 **Calories from Fat 140**

% Daily Value*

Total Fat 16g **25%**

 Saturated Fat 4.5g **23%**

 Trans Fat 0g

Cholesterol 75mg **25%**

Sodium 530mg **22%**

Total Carbohydrate 12g **4%**

 Dietary Fiber 0g **0%**

 Sugars 6g

Protein 18g

Vitamin A 6% • Vitamin C 0%

Calcium 15% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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Instructions

If starting with RAW SAUSAGE need 1/4 more pounds. For example, for each 3/4# cooked sausage you would need to start with 1# raw sausage; ie, for 7 1/2# cooked sausage you would need to start with 10# raw sausage, etc.

Melt margarine, remove from heat, add about 1/4 of the milk then stir in the flour and salt with a wire whip until smooth. Bring to a simmer, stirring constantly, and cook 2 minutes, stirring constantly. Prepare in a heavy pan or a double boiler to help prevent scorching.

HEAT the rest of the milk in the microwave or on the stove. Add the hot milk to the thickened mixture above with a wire whip. Cook and stir as necessary until smooth, simmering and thick.

Add precooked, drained sausage which has been blotted with paper towels to remove excess grease.

Blend well and serve 3/4 cup/serving (#6 scoop or 6 oz ladle level).

Each 3/4 c. serving = 1 CS

If served over biscuits, the biscuit will be additional CS.

For variation: Parsley, dried parsley or chives may be added for color and appeal.

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.

Storing :

- Store refrigerated left overs at an internal temperature of 32 - 36 F.

Reheating :

- Reheat to an internal temperature of 165 F for 15 seconds.